

This is Google's cache of <http://www.beyond-a-century.com/supguide.html>.

Google's cache is the snapshot that we took of the page as we crawled the web.

The page may have changed since that time. Click here for the [current page](#) without highlighting.

To link to or bookmark this page, use the following url:

<http://www.google.com/search?q=cache:M2R6bP6S-CoC:www.beyond-a-century.com/supguide.html+lipoic+acid+carnitine+coQ+protein&hl=en&>

Google is not affiliated with the authors of this page nor responsible for its content.

These search terms have been highlighted: **lipoic acid carnitine coq protein**



Quality Nutritional Supplements at The Lowest Prices Possible!



- BAC Products**
View & Purchase Online
- Supplement Guide**
For Special Interests
- Request Catalog**
Hard Copy via Mail
- Shipping Policies**
& International Orders
- Order/Email
Retrieval Policies**
Please Read
- FAQs, Info, Bios**
- Contact Us**
- Other Links**

We Have What
You're Looking For!

ORDER ONLINE
Click Here

Supplement Guide

Below are some lists of supplements under specific categories. Lists are compiled from the use of extensive third party literature. We are not allowed to recommend products for the treatment of disease or a specific condition. None of our products are intended to treat any disease or disorder. We encourage our customers to be their own best health advocates and take advantage of the wide range of literature available to them..

You can reference products below, then proceed to our catalog by clicking the "Order Online" button.

Life Extension

[Fat Loss/Blood Sugar](#)

[Muscle Building](#)

[Testosterone Enhancers](#)

[Anti-Estrogen Products](#)

[Male/Female Vitality](#)

[Immune Function](#)

[Prostate Function](#)

[Joint Function](#)

[Women's Products](#)

Liver Function

[Adaptogens](#)

[Cardiovascular](#)

[Energy/Endurance](#)

[Allergy/Respiratory](#)

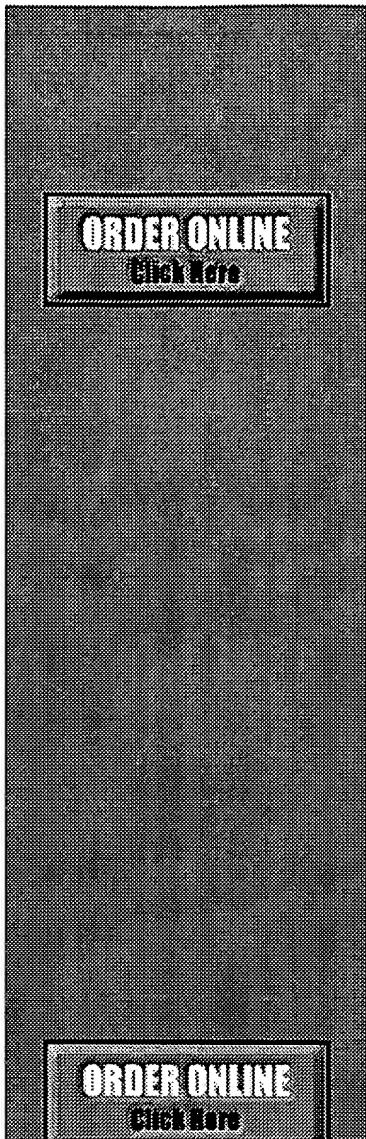
[Gastrointestinal](#)

[Mood/Anxiety/Depression](#)

[Brain/Nerve Function](#)

[Bone Health](#)

Suggested Basic Life Extension Program: LE Mix or other vit/min/antioxidant; e minerals; GH Releasers; CoQ10; neurological products; extra antioxidants (C, E, selenium, NAC, **lipoic acid**, etc.); sugar/insulin controllers; phytonutrients; carb



restriction & good fats (flax, omega 3, CLA). Hormone replacement or enhancement. (GH, melatonin, DHEA, testosterone, estrogen control pregnenolone, progestins, phytoestrogens, etc.). [TOP](#)

Fat Loss & Blood Sugar Control: Recent headlines, "Pasta Can Make You Fat," highlight the fact that many do not do well on a low fat, high carbohydrate diet. You may want to consider more articles recommending lowering carbs (especially high glycemic carbs) and **protein** and good fats (avoid hydrogenated, trans fats). Aerobic exercise with short intensity periods have been shown to be more effective for fat loss than aerobic exercise alone. Helpful supplements: blood sugar & insulin controllers (HCA, Glucosol (beta-carbonyl-β-alanide), CarboBloc, carnosine, chromium, vanadyl, gymnema, fenugreek, Herbal Sugar C, **lipoic acid**, Phaseolamin, green tea, yeast, stevia, xylitol, erythritol); thermogenic & appetite suppressors (ephedra, bitter orange, guggul, green tea, DHEA, Thyrop Therminator, Zing, yohimbe, ephedra-free Thermogenic Formula, glutamine, phenylalanine, tyrosine, 5-HTP, St John's Wort); fat blockers & fiber (fenugreek fiber, guar gum, psyllium, chitosan, phytosterols); fat burning enhancers (**carnitine**, pyruvate, MCT, CLA, GLA, flax or omega 3 fish oil, collagen); pro-testosterone/anti-estrogen products; GH Releasers; potassium/magnesium supplements; high **protein**, low carbohydrate meal replacements. [TOP](#)

Muscle Building: Brief, high intensity exercise for major muscle groups with adequate recovery time. Never overtrain. Helpful supplements: vitamin, mineral, antioxidant formulas; whey **protein**; GH releasers; sugar & insulin controllers; testosterone enhancers/anti-estrogen products; anabolics & anti-catabolics (creatine, Anabolic methoxy isoflavone, ribose, creatine pyruvate, glutamine, PS, norandrostenediol, 5 AD, 1-4 ADD, colostrum, **lipoic acid**, taurine, deer antler, NAC, TMG, CLA); work stimulants (guarana, ephedra, bitter orange, Zing, Therminator, yohimbe). [TOP](#)

Testosterone Enhancers: Testosterone enhancers: androstene (dione/diol), ZMA, boron, tribulus, avena sativa, nettle root, Sex-Tiva, forskolin, ipriflavone, cordyceps, ginseng, maca, muira puama, deer antler, DIM, DHEA. Testosterone may be supported by large amounts of saw palmetto, licorice, and grapefruit juice. [TOP](#)

Anti-Estrogen Products: Anti-Estrogen Formula, chrysin, DIM, I3C, progesterone

cream, calcium D-glucarate, flax lignan, chaste berry, quercetin, ipriflavone, meth isoflavone, nettle root, 5-androstanediol, 5-alpha AD, soy isoflavones. [TOP](#)

Male/Female Vitally: arginine, Buffered Arginine, yohimbe, histidine, catuaba, mu puama, Jungle Power, maca, horny goat weed, ginkgo, schisandra, rhodiola, dam SexEss, SexTiva, deer antler, ashwagandha, zinc, fo ti, niacin, kava; pro-testosterone/anti-estrogen products. [TOP](#)

Immune Function: cysteine, 5-androstanediol, colostrum, whey [protein](#), [CoQ-10](#) andrographis, aloe, arabinogalactans, astragalus, cat's claw, echinacea, horny go weed, maitake, Mushroom Immune, reishi, cordyceps, resveratrol, Thymic [Protein](#) beta glucan, AHCC, noni, pau d' arco, zinc, deer antler, IP-6, CM, CLA, olive leaf, oregano, panax ginseng, shark liver oil, lactoferrin, Siberian ginseng, rhodiola, He selenium, garlic, xylitol, melatonin, pregnenolone, DHEA, MSM, elderberry; testos & GH releasers. [TOP](#)

Prostate Function: zinc, saw palmetto, phytosterol complex (beta sitosterol), Bet Prostate, forskolin, Prosper, nettle root, Prostate Support, lycopene, pygeum, ome GLA, modified citrus pectin, rhodiola, quercetin, I3C, DIM; anti-estrogen products.

Joint Function: glucosamine, chondroitin sulfate, Joint Support, CM, sea cucumb green-lipped mussel, collagen, MSM, omega 3 fish oil, flax oil, GLA, calcium AEP D-3, boswellia, SAMe, pine bark & grape seed extract, pantethine, pregnenolone, copper, bromelain, curcumin, rosemary, aloe. [TOP](#)

Woman's Products (PMS, menopause): progesterone creams, dong quai, maca chaste berry, resveratrol, tribulus, soy isoflavones, black cohosh, Hot Flash, Thryo DIM, I3C, calcium D-glucarate, omega 3, flax oil, GLA, ipriflavone, damiana, SexE SexTiva, androstanedione, DHEA, pregnenolone, folic [acid](#). [TOP](#)

Liver Function: methionine, TMG, silymarin, gamma oryzanol, [lipoic acid](#), phos. choline, andrographis, phylanthus, reishi, rhodiola, schisandra, HerpEeze, Liver G Liver Support, SAMe, green tea, garlic. [TOP](#)

Adaptogens: panax ginseng, Siberian ginseng, rhodiola, deer antler, pau d' arco, schisandra, noni, ashwagandha, fo ti, gotu kola, maca, Jungle Power, andograph horny goat weed, cordyceps, jaigoulan. [TOP](#)

Cardiovascular System: [carnitine](#), taurine, CoQ10, Buffered Arginine, DMG, TM ribose, magnesium orotate, potassium/magnesium aspartate, serrapeptase, ginkgo policosanol, grapefruit pectin, horse chestnut, bilberry, Fruit Antioxidants, selenium ginger, green tea, hawthorne, B12, folic [acid](#), B6, niacin, pine bark/grape seed, rosemary, rhodiola, horny goat weed, ginseng, vit E & C, proline, lysine, arginine, c pantethine, garlic, guggul, aloe, EPA/DHA, GLA, vit K. [TOP](#)

Energy/Endurance: glutamine & BCAA, [carnitine](#), 4-androstanedione & -diol, cre magnesium, glycerine, [lipoic acid](#), MCT oil, octacosanol, ribose, CoQ10, DMAE, Forskolin, Thyroplex, Revenge, Anabolica, pyruvate, Megahydrin, B5, K/Mg aspar PAK, DMG, TMG, EPA/DHA; rhodiola, cordyceps, & other adaptogens (see above stimulants (ephedra, guarana, bitter orange, Therminator, Zing, phenylalanine, ty Fast Blast); blood sugar controllers. [TOP](#)

ORDER ONLINE
Click Here

ORDER ONLINE
Click Here

Allergy/Respiratory: RespirAll, quercetin, bromelain, MSM, noni, horny goat wee nettle leaf, pregnenolone, pine bark/grape seed, resveratrol, B12, DHEA, panteth B6, B12. [TOP](#)

Gastrointestinal: licorice (DGL), n-acetyl glucosamine, glutamine, mastic gum, arabinogalactans, acidophilus, FOS, aloe, guar gum, psyllium, flax seed, cat's claw gamma oryzanol, bromelain, serrapeptase, Essential Enzymes. [TOP](#)

Mood/Anxiety/Depression: DMAE & other choline products, green tea, theanine John's wort, 5HTP, SAMe, bacopa, PSB, phos. serine, kava, inositol, niacinamide, GH3, NADH, TMG, magnesium, tyrosine, phenylalanine, rhodiola, chrysin, passifl B12, omega 3, GLA, melatonin, progesterone (women), relaxin (for FMS); see blo sugar & insulin control, and lo-carb diet. [TOP](#)

Brain/Nerve Function—also search "neurological": acetyl L-carnitine, theanine, G octacosanol, glutamine, pyroglutamic acid, taurine, 5-HTP, choline products, pine bark/grape seed, rhodiola, rosemary, pregnenolone, DHA, ginkgo, SAMe, NADH, B12 methylcobalamin.. [TOP](#)

Bone Health: ipriflavone, calcium/magnesium, boron, CM, progesterone cream, methoxy isoflavone,, soy isoflavones, DHEA, pregnenolone, testosterone enhance [TOP](#)



[Home](#) | [BAC Products](#) | [Supplement Guide](#) | [Request Catalog](#)

[Shipping Policies](#) | [Order/Email Policies](#) | [FAQs, Info, Bios](#) | [Contact Us](#)

This is Google's cache of <http://www.epic4health.com/>.

Google's cache is the snapshot that we took of the page as we crawled the web.

The page may have changed since that time. Click here for the [current page](#) without highlighting.

To link to or bookmark this page, use the following url:

<http://www.google.com/search?q=cache:s64v1cRxuzIC:www.epic4health.com/+lipoic+acid+carnitine+coenzyme+q&hl=en&ie=UTF-8>

Google is not affiliated with the authors of this page nor responsible for its content.

These search terms have been highlighted: **lipoic acid carnitine coenzyme q**

EPIC4HEALTH

Q-Gel® CoQ10

SUPPLEMENTS

HELP 4 STRESS

HELP 4 MEN

HELP 4 WOMEN

SKIN CARE

WHAT IS CoQ10?

ABOUT US

LIQUID CoQ10

GUM DISEASE

COUPONS

GIFT CERTIFICATES

HEALTH NEWS

FREE SAMPLES?



Your best source for Q-Gel® Coenzyme Q-10, Alpha-Lipoic Acid, L-Carnitine and Derma Q-Gel® skin care products.

Q-Gel® is the ONLY hydrosoluble CoQ10 supplement in the world and the ONLY CoQ10 supplement that exhibits 100% dissolution.

30mg of Q-Gel® CoQ10 can provide the benefits of up to 90 to 120mg of any fat-soluble CoQ10 product – *up to 50 times faster!* To find out why, "click" the Q-Gel® CoQ10 Button at left.

And, if you LIKE what Q-Gel® does for your heart... *you'll LOVE what Derma Q-Gel® will do for your skin.* Be sure to check out our attractive pricing on Derma Q-Gel® and our other fine supplements including Glucosamine (1500mg) & Chondroitin (1200mg), Omega 3, Alpha-Lipoic Acid (100mg) and more.

Derma Q-Gel is our BEST SELLING item (and has been ever since it became available!)

Derma Q-Gel, (like all of our products), is manufactured in the U.S.A. but *it is so delightful you'll think that it was made in heaven!* And, best of all, now is a great time to pick up an extra jar or two.

Our regular "Sale" price, (*actually the wholesale price*), on individual jars of Derma Q-Gel is just \$24.95. *Want to really stock up?* Then consider ordering **five jars for \$99.75, (\$19.95 per jar)** or **twelve jars for \$210, (\$17.50 per jar)**. Great idea: split a larger order with friends and family -- *if you want to give your skincare secret out!*

Product & Service Guarantee: If, at any time, you are not delighted, we'll promptly refund your purchase price -- *even up to a full year after you order.* In short, we'll do everything we can to make sure that you get the very best product, (and prices!), available anywhere and that you are 100% satisfied with the service. We want you as a customer for life and hope you'll let your friends and family know about us.

Show ORDER

INFO

SEARCH

INDEX

REQUEST CATALOG

EMAIL

PRIVACY POLICY



Energy.
Need more
of it?



Q-Gel® Forte
(30mg of
Hydrosoluble™
CoQ10) 60
Softgels

Regular price:
\$29.95
Sale price:
\$14.95



Q-Gel® Ultra
(60mg of
Hydrosoluble™
CoQ10) 60
Softgels

Regular price:
\$54.95
Sale price:
\$27.50



L-Carnitine
and
Q-Gel® (60
Softgels)

Regular
price:
\$49.95
Sale price:
\$23.50



2oz Derma
Q-Gel®

Regular price:
\$39.95
Sale price:
\$24.95,
5/\$99.75,
12/\$210.00



Lipo-Gel™
Alpha-Lipoic
Acid (90
Softgels)

Regular price:
\$28.95
Sale price:
\$14.95



Liquid
Calcium
(100
Softgels)

Regular
price:
\$14.95
Sale price:
\$7.95



Physician's
Multi Vitamin
Formula (90
Caplets)

Regular price:
\$24.95
Sale price:
\$12.95



Prostate Plus
Regular price:
\$29.95
Sale price:
\$14.95



Triple
Action B-12
(60
Tablets)

Regular
price:
\$11.95
Sale price:
\$5.95



Omega 3 (100
Enteric -Coated
Softgels)

Regular price:
\$24.95
Sale price:
\$12.95,
12/\$149.40



Vege Q-Gel®
100%
Vegetarian
(20mg
Hydrosoluble
CoQ10 / 60
Capsules)

Regular price:
\$29.95
Sale price:
\$14.95



Advanced
Cardio
Formula
Regular
price:
\$59.95
Sale price:
\$29.95,
2/\$49.90



L-Carnitine (60
capsules)

Regular price:
\$19.95
Sale price:
\$10.95,
6/\$59.70



Maximum
Strength
Glucosamine &
Chondroitin (2
month supply)
Regular price:
\$59.95
Sale price:
\$29.50

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Any questions? Please email, or, in the U.S., call: 1-800-866-0978
www.epic4health.com

This is Google's cache of <http://www.inutritionals.com/brainsustain.shtml>.

Google's cache is the snapshot that we took of the page as we crawled the web.

The page may have changed since that time. Click here for the [current page](#) without highlighting.

To link to or bookmark this page, use the following url:

<http://www.google.com/search?q=cache:Q3ANN7wio6AC:www.inutritionals.com/brainsustain.shtml+lipoic+acid+carnitine+coenzyme+q&hl=en&ie=UTF-8>

Google is not affiliated with the authors of this page nor responsible for its content.

These search terms have been highlighted: **lipoic acid carnitine coenzyme q**

iNutritionals™

Because your brain is hungry.

[Home](#) | [Ask Us](#) | [Contact Us](#)

Browse

- » [Our Story](#)
- » [Our Products](#)
- » **Feed Your Brain**
 - Brain Recovery
 - Brain Sustain
 - Vinpocetine
 - Dr. Perlmutter
- » **Healthy Living**
- » [Testimonials](#)

User Login

Physicians:	<input type="text"/>
Members:	<input type="text"/>
<input type="button" value="Login"/>	

What's New?

Powerful Brain Nutrition.
Great New Taste!



brainsustain™

Brainsustain™ is a dietary supplement developed through more than 15 years of research in the clinical neurosciences by board certified neurologist, David Perlmutter, MD. Its unique formula enhances brain performance and promotes brain health by improving the energy production of brain mitochondria, facilitating neural communication, and providing antioxidant action that reduces the production and damaging effects of excess free radicals in the brain. This antioxidant action is vital because excess free radicals are associated with brain inflammation – a marker and common thread among such neurodegenerative disorders as Alzheimer's disease, Parkinson's disease, multiple sclerosis, and ALS. Brainsustain™'s key ingredients have been extensively studied for efficacy at some of the world's most well-respected medical institutions.



[Click here for de
recipe idea](#)

[Add to Cart](#)

These ingredients include:

- **Coenzyme Q-10** measurably increases the efficiency of cellular energy production, demonstrated in studies performed at the Massachusetts General Hospital.(1) In addition, it serves as a potent brain antioxidant. These effects explain why major institutions are vigorously evaluating **coenzyme Q10** as a therapeutic aid in brain disorders.
- **Alpha Lipoic Acid** provides powerful antioxidant action and regenerates other important antioxidants including vitamins E, C, and glutathione. Unlike other antioxidants, **alpha acid** is both fat- and water-soluble, greatly enhancing its ability to be absorbed from the blood and penetrate into the brain.(2)
- **N-Acetyl-L-Cysteine (NAC)** dramatically increases the body's production of glutathione, one of the brain's most important antioxidants. NAC itself is a potent antioxidant shown to reduce the formation of nitric oxide, a free radical implicated for a causative role in Parkinson's disease, Alzheimer's disease, and other neurodegenerative disorders.(3)
- **Acetyl-L-Carnitine**, like **coenzyme Q-10**, enhances neuronal energy production by transporting fuel sources into the mitochondria – the energy producing machinery of the neuron. This particularly benefits damaged brain neurons, which are characterized by

decreased energy producing ability. In addition, acetyl-L-**carnitine** acts as an effective antioxidant and has been demonstrated to protect laboratory animals from developing parkinsonism when they are exposed to chemicals known to induce the condition.(4) In a recent issue of Neurology found that acetyl-L-**carnitine** profoundly reduces the progression of Alzheimer's disease in younger patients.(5)

- **Vitamin E** exhibits profound ability to limit free radical damage in the brain – the likely explanation of why it outperformed a highly touted “Alzheimer’s drug” in clinical trials in the New England Journal of Medicine.(6) Diets rich in Vitamin E have been shown to reduce the risk of Parkinson’s disease by an incredible 61%,(7) and to dramatically slow disease progression in already-diagnosed patients when supplemented with Vitamin C.(8)
- **Ginkgo biloba**, one of the most extensively studied nutritional supplements for neurodegenerative conditions, directly improves brain metabolism, increases brain blood flow and provides antioxidant action. In a placebo-controlled, double-blind randomized trial published in the Journal of the American Medical Association, Ginkgo biloba not only reduced Alzheimer’s disease; many subjects demonstrated an actual improvement noted in various standardized psychological tests.(9)
- **Vitamin D** may have even greater ability to quench brain free radicals than Vitamin E studies indicate. Deficiencies of Vitamin D have been found in cases of Parkinson’s, Alzheimer’s, and MS.(10)
- **Vitamin B12 (Methylcobalamin)** is critical for maintaining myelin, the protective coating surrounding each neuron. As with Vitamin D, Vitamin B12 deficiency is associated with neurodegenerative conditions.
- **Phosphatidylserine** produces marked memory and learning improvements in dementia patients, according to research conducted at Stanford University.(11) Like acetyl-L-**carnitine** and **coenzyme Q-10**, phosphatidylserine plays an important role in neuronal energy production and chemical communication.

Two scoops (40 grams) of Brain Sustain™ provide the following:	
Vitamin C (as Calcium Ascorbate)	400 mg
Vitamin D	400 IU
Vitamin E (as d-Alpha tocopheryl)	400 IU
Niacin	100 mg
Vitamin B6 (as Pyridoxal 5'-Phosphate)	100 mg
Folate (Folic Acid)	800 mcg
Vitamin B12 (as Methylcobalamin)	200 mcg
Calcium	170 mg
Phosphorus	190 mg
Magnesium	50 mg
Sodium	40 mg
Potassium	55 mg
N-Acetyl-Cysteine	400 mg
Phosphatidylserine	100 mg
Acetyl-L-Carnitine	400 mg
Lipoic Acid	80 mg
Coenzyme Q-10	60 mg
Ginkgo Biloba extract (leaf) 24% Ginkgo Heterosides	60 mg
This product contains no wheat, soy or corn.	

Brain Sustain™ is manufactured exclusively for iNutritionals, Inc. by Thorne Research, Inc Idaho. Our standards mandate a comprehensive analytical evaluation of all incoming pharm grade ingredients, utilizing state-of-the-art technology such as near-infrared spectrophotom inductively coupled plasma and high pressure liquid chromatography. This ensures you tha ingredients of **Brain Sustain™** achieve a level of purity unsurpassed in the industry.

Recommendations: 1 or 2 scoops (20-40 grams) daily

Product	Qty	ID#	Price	Ad
NEW! Brain Sustain™ Single Serve Packets	(20grams/1 scoop)	INSS61987	\$ 2.50	Ad
Brain Sustain™	(600grams/30 scoops)	INBS61972	\$58.50	Ad

*These statements have not been evaluated by the Food and Drug Administration. This pro intended to diagnose, treat, cure or prevent any disease.

*THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED H CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OT LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS INFORMATION IS NOT FOR USE CONSUMERS. THESE PRODUCTS ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEAN CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CON

References

- 1 Schults, C.W., Beal, M.F., Fontaine, K., et al. Absorption, tolerability and effects on mitoc activity of oral **coenzyme Q10** in parkinsonian patients, *Neurology* 50: 793-795, 1998.
- 2 Marangon, K., Deveraj, S., Tirosh, O., et al., Comparison of the effect of **alpha-lipoic acid** an **alpha**-tocopherol supplementation on measures of oxidative stress. *Free Radical Biology and Medicine* 27(9/10): 1114-1121, 1999.
- 3 Pahan, K., Sheikh, G.S., Nmboodri, A.M.S., et al., N-acetyl cysteine inhibits induction of N production by endotoxin or cytokine stimulated rat peri-tonal macrophages, C6 glial cells a astrocytes. *Free Radical Biology and Medicine* 24(1):39-48, 1998.
- 4 Steffen V. Santiago, M., de la Cruz, C.P., et al., Effect of intraventricular injection of 1-methyl-4-phenylpyridinium protection by acetyl-L-**carnitine**. *Human Exp Toxicol* 14:865-8
- 5 Thal L.J., Carta A. Clarke, W.R., et al., A 1-year multicenter placebo-con-trolled study of acetyl-L-**carnitine** in patients with Alzheimer's disease. *Neurology* 47:705-711, 1996.
- 6 Sano, M., Ernesto, C., Thomas, R.G., et al., A controlled trial of selegeline, alpha-tocopher both as treatment for Alzheimer's disease. *N England J Med* 336:1216-22, 1997.
- 7 Golbe, L.I., Farrell, T.M., David, P.H., Case-control study of early life dietary factors in Pa disease. *Arch Neurol* 45(12): 1350-3, 1988.
- 8 Fahn, S., The endogenous toxin theory of the etiology of Parkinson's dis-ease and a pilot high-dose antioxidants in an attempt to slow the progression of the illness. *Ann N Y Acad S* 570:186-96, 1989.
- 9 Le Bars, P., Katz, M.M., Berman, N., et al., a Placebo-Controlled, Double-blind Randomize an Extract of Gingko Biloba for Dementia. *JAMA* 278(16): 1327-32, 1997.
- 10 Sardar, S., Chakraborty, A., and Chatterjee, M., Comparative effectiveness of vitamin D dietary vitamin E on peroxidation of lipids and enzymes of the hepatic antioxidant system i Sprague-Dawley rats. *Int J Vitam Nutr Res*, 66(1):39-45, 1996.
- 11 Crook, T.H., Tinklenberg, J., Yesavage, J., Effects of phosphatidylserine in age-associate impairment. *Neurology* 41:644-49, 1991.

©2002 iNutritionals™ All Rights Reserved.

site by seventy-two dpi